

DIET AND HEALTH.

By DR. LULU HUNT PETERS

The leading writer of the day on medical subjects. She is the leading authority on diet and health in the country having been chairman of health work in California under the auspices of the Federation of Women's Clubs. Here articles appear exclusively in the Bridgeport Times.

OUR DECLARATION OF PRINCIPLES

There is no power equal to the power of the written word of the daily press on all subjects, art, science, music, literature, religion, sociology—all, and the responsibility is great on any writer on these subjects.

I have been asked to write a daily article for you on the promotion and maintenance of health.

To write such a column and give advice regarding so vital a thing as health—health, upon which all one's activities and happiness depends—is a responsibility greater by far than the responsibility that rests upon writers on any other subject.

Many lives, your own life and the lives of those you love, may at some time depend upon some knowledge thus derived and depended upon.

To direct the diets and habits of growing children so that they may gain in stature and strength and health for future citizenship and happy homes—to guide the diet and health habits of adults so that they may gain and maintain health and efficiency to carry on the world's work, this is no irresponsible task!

So it is with a profound feeling of the seriousness of the work that I have agreed to write for you, my readers in The Times.

I feel very deeply that what I write must have thoughtful, intensive study, accurate observation, logic and science as a basis, and that I must always realize my accountability. I shall do that to the best of my power.

I want my readers to feel that confidence in me as a writer that they feel for their well-beloved family physician. I shall not try to take his place in any manner in prescribing for diseases that should have his personal attention. That is not my idea of a health column. Rather, shall I write on the prevention of disease and the promotion of health.

The prevention of disease and the promotion of health—that shall be my motto.

Now that you know I realize the responsibility of my work, let us relax a bit and get off of the serious exercises. It hurts me to write in a serious, dignified manner very long. It is not my role as a physician or a writer. Not always merry and gay—that's tiresome, too—but most always bright and face.

The chief reason I am asked to do this column (aside from my great fitness otherwise!) is because I am able to write scientific articles with enough fun thrown in to disguise the fact that they are scientific and really teach some much needed lessons. We hope you are all going to enjoy this column every day as well as profit by it.

We shall call this column "Diet and Health." Some title, I'll say, won't you? Can you think of anything that we cannot cover under that? I shall answer any question that can be answered in the columns of a daily paper, and the questions and discussions and soul-to-soul talks ought to be half the life of the party.

Any questions that have to be answered privately you must take to your own family physician.

Later, I shall have certain days devoted to babies and children—I like 'em—and to other important matters. But for the first series I shall start a very modest little campaign. One should always begin modestly.

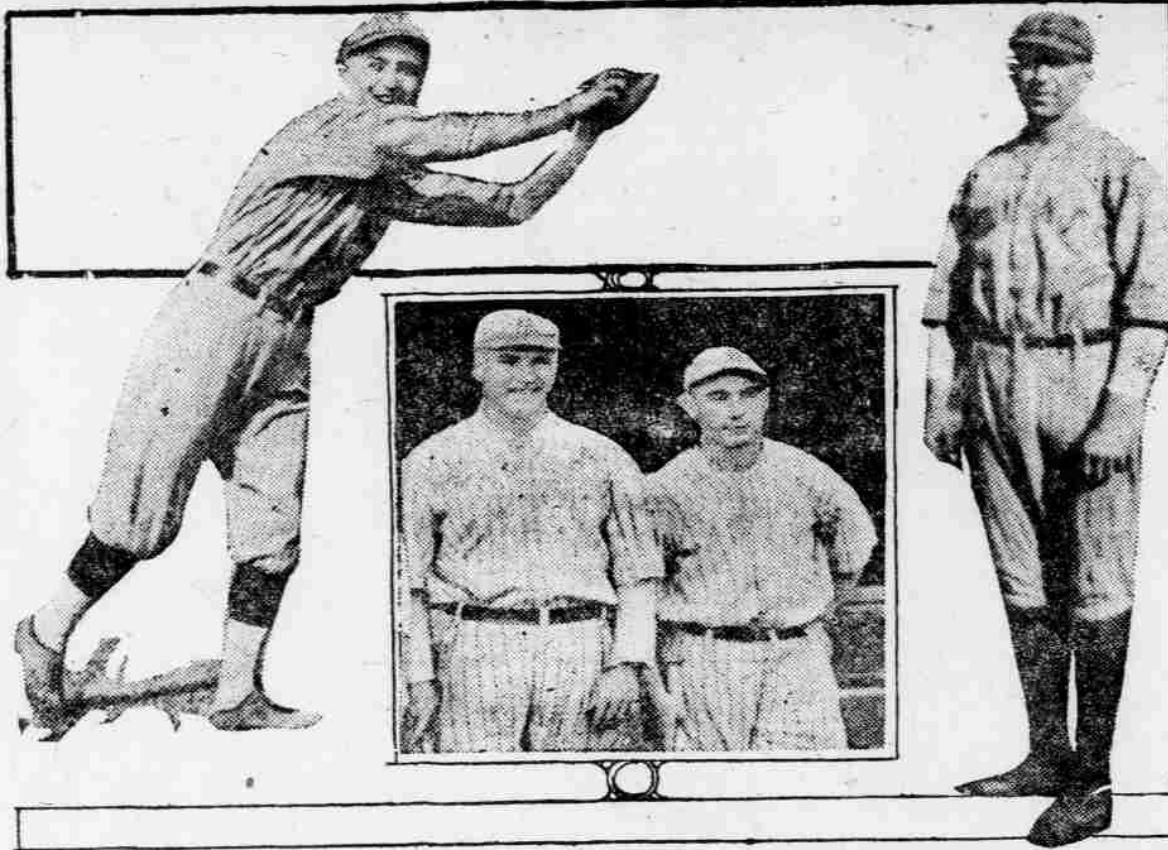
I shall start a campaign in which at least three-quarters of you will cooperate with enthusiasm.

This modest little campaign will be to prevent the following trifling ailments: Diabetes, stomach troubles, heart disease, arterio-sclerosis, kidney disease, cancer, apoplexy and flat feet.

These can all be prevented in a large measure by a campaign against one thing—and that one thing is obesity, or to use the short and ugly term, FAT!

Hurrah! You're with me! I knew it. We're off!

Tomorrow—What's Your Weight?



Left to right: Sam Craze, Bert Griffith and Bernie Neis, photographed together, and Henry De Berry.

The Dodgers aren't being boomed as a first or second choice in the National League pennant race, but ought to furnish some interesting competition. Uncle

Robbie's success will depend upon how his pitchers turn out. The work of Sam Craze, who has tried several times to grab a regular berth, at short will be watched closely. Bernie Neis is

expected to star along with Bert Griffith, Hi Myers or Zack Wheat in the outfield, and Henry De Berry, catcher once tried out by the Indians, may get plenty of opportunities behind the plate.

SPANISH INFLUENCE SHOWS IN SEASON'S NEWEST FADS



If one has a fad or a unique style idea Palm Beach is a pretty good place to launch it, for costume accessories, having won their popularity there, will scatter broadcast at the end of the season, and east, west and north will be wearing the thing on which the south has set its seal of approval. According to the latest word from

BEAUTY CHATS

REFRESHING FACE TREATMENTS

If you are frightfully tired and are in that uncomfortable state when you dislike the sight of your own face in a looking glass, try a hot and cold treatment. When you are very tired, if you are all like most women, your face will seem to have a shadow over it which won't wash off, the skin will be dry, every pore will show, powder won't stick and your hair will not be becomingly around your face; in addition to which you will probably notice wrinkles. It is just the time for a hot and cold treatment.

Don't use soap. First of all wring a large wash cloth or an old towel from hot water and lay it over the skin. Then massage in a generous amount of cold cream, rubbing it thoroughly into the face and neck with the finger tips. Then wring the cloth once more from hot water and hold this over the face. Repeat this two or three times, the last time wiping off all the cream remaining on the surface of the skin.

Then wring the cloth out of cold water, if possible from ice water and hold this over the face and neck. The treatment is more effective if you can take a piece of ice and finish up with a few minutes' massage with it. Its extreme cold is most refreshing and stimulating and will close up all those ugly large pores. If you have no ice spray the face with toilet water or rub a little witch hazel over it. Both these are astringent and stimulating.

Then use a little powder on the skin and look at yourself once more in the glass. Your skin will be young

and refreshed, your eyes which were tired, will be bright and you will look made over.

J. K. C.—If you massage your legs with cocoa butter it will fatten them, but to make them more shapely you should develop the muscles that produce grace. Dancing will help you accomplish this.

Jean—You can increase your weight by drinking plenty of milk. Olive oil and grape juice will also aid. The latter is taken three times each day with the meals and the quantity is a tablespoonful of each taken together.

M.M.M.—A high grade castle soap is always one in which there is olive oil. It is often alluded to as an "olive oil soap" to designate it from soaps made from a lower grade of oil, although they will also contain olive oil but of a poorer quality. High grade castle is a good soap for a dry skin.

Tomorrow—Answered Letters

All inquiries addressed to Miss Forbes in care of the "Beauty Chats" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question.—The Editor.

THE GOLDEN GIRL

BY PHYLLIS PHILLIPS

ANOTHER "GOLDEN" GIRL

Iona marveled much after listening to her father's story. How could her mother have changed so completely? Now, she seemed interested in everything else but affairs of the heart. She was wrapped up in the social events of the day and an intensely eager leader of her set.

"Simply have to be, daughter," she explained to Iona a few hours after breakfast that morning. "I've always loved engineering things and people, ever since I was a wisp of a girl. It was most natural that I should be selected by my fellow men and women here in Wellington, after all. You see mother and father were leaders in their time. In fact a Cameron or a Duval has always held sway here. It's quite in the order of events."

"But don't two social ladies in one family satisfy the community mother?" asked Iona in a faltering voice.

"I really am not intended to shine in good society, really truly not, dear. I haven't any social graces, nor could I ever learn them and I just know that I'd be forever disgracing you and Truda. Wouldn't that be dreadful? I know that Truda was mortified last night, for instance when I asked Mr. Warburton how he could possibly remember to wax that funny, little mustache every day. He went awfully red and laughed, but I don't quite think he liked it, somehow. I'm really such a wild sort of a girl, mother, by instinct as well as by inclination. I like to be alone just heaps and I like to be free. Rules and regulations bother me to death so they do, dear, and I never could fall in love with any

nice, young man here I know. I like—I like—rough men and that's the—I like—rough men and that's the—you wanted a lot of time and money on the making of me, mother."

"Fiddlesticks!" answered Mrs. Cameron. "All girls are alike. You've not been trained, I grant you, but there never was a girl yet who didn't love balls and beaux, and the fun of getting engaged and un-engaged half a dozen times before she married. Never. Why I was engaged to three men at the same time that your father eloped with me. And we had a bad time sending back the proper rings to the proper men too! In the end we got muddled up, and three soon found out from each other that I had allowed myself to be engaged to all of them at once. We Southern women are adored by our men, dear, and you will have some most wonderful and romantic adventures if you choose to open your eyes and be sweetly feminine. Never think too hard, don't be clever or moody above all things or you'll have a wall-flower before you're a debutante. Our men are just lovers. They want their women to be beautiful and passive. You can be a great success if you listen to me and enter into the life properly, my dear. You and Truda are to be very rich girls one day although you have not guessed this before. People in Wellington always have called your sister the 'golden girl' for they know what her fortune will be. Now, of course, she will get but half of it, for you must have your share. So my dear little gilded girlie prepare to be loved and successful," said Mrs. Cameron with her gayest smile.

(To Be Continued)

HEART AND HOME PROBLEMS

BY MRS. ELIZABETH THOMPSON

Dear Mrs. Thompson: Our Sunday school class has a club and we cannot think of a name we like. Please give us a few suggestions as to a name. THANK YOU.

Dear Mrs. Thompson: I am a girl 21 years old and have gone with a fellow about two years. He is 23. Do you think he should go with other girls?

We were to be married this spring. He dined and I can't. I think I love him. I don't care for another fellow at all if I go out in a crowd. Since we quit I go with a different fellow every time I go out. I flirt, but I am nice.

I could go with another fellow steady, but I told him I did not want to break his heart as mine has been. I want a home of my own. I am a working girl and they don't get treated the best in the world. No wonder a girl has the blues.

Would you go back if you had the chance? He is wonderfully nice and I think he would make a girl a nice home. Do you think two could live on \$80 a month? E. E. S.

When the young man was engaged to you he should not have gone with other girls. Unless there is an engagement, however, both parties should be free to go with any one they wish.

You know better than any one else how deeply you love the man. If you want him very much and feel you cannot be happy without him, I would advise you to let him come back if he asks to. There is the possibility, however, that after coming back he would do the same thing and then you would have to go through your suffering all over again. But

because of your love you might consider it worth while taking the chance.

Do not stoop to flirting. You can stop if you want to and it is unworthy of a high type of girl. The world is hard on the working girl if she encourages the unpleasant side. But if she is self-respecting, respectful of others, sue of the fact that she is in the business world to work and not to flirt, she will attract respect and blessing which the world only offers to working girls. The girl who honorably earns her place in life is more forth while than the one who sits back and contentedly feeds from the efforts of some other person.

Two people might keep life in the body on \$80 a month, but they could not do more than exist on so little.

Dear Mrs. Thompson: I am a girl 17 years old. I was going with a boy of 20 for about a year, but I have not seen him for a long time. When I was going with him I never had him over at my home. I was not at home at that time.

I have been talking about this fellow at home and so mother said that I should have him over some evening. I know this fellow cannot reach me in any way. So would I be doing wrong by calling him up and asking him to come over to see me some evening?

I would not advise you to call the boy and ask him to come over. He can inquire at the place where you were formerly to find your present address and then he can write to you, if he is anxious to revive the friendship. If, however, you happen to meet him, it would be all right to ask him to come to see you some time and tell him where you live at present.

"Blondy": Inquire at a bank.

HOUSEHOLD HINTS

BY MRS. MORTON

MENU HINT

Breakfast

Grape Fruit

Buckwheat Cakes

Maple Syrup

Coffee

Luncheon or Supper

Toasted Cheese Sandwiches

Pickled Beets

Gingerbread with Orange Sauce

Cocoa

Dinner

Rice and Meat Mold

Cabbage Salad

Chocolate Whipped Cream Eclairs

Coffee

Today's Recipes

Grandmother's Soft Gingerbread—

Melt one-half cup shortening in one cup boiling water; add one-half cup molasses and one-half cup of sugar;

sift one-half teaspoon of salt, one teaspoon soda, one-half teaspoon cloves with two and one-half cups flour. Lastly add one well beaten egg.

Gingerbread Pudding with Orange Sauce—Make a soft gingerbread and serve with the following sauce: Mix together one cup sugar and one tablespoon corn starch; add one cup boiling water and cook until smooth. Flavor with the juice of an orange and just before taking from the stove add two tablespoons butter substitute and the same of finely ground orange peel.

Rice and Meat Mold—Two cups cold boiled rice, one tablespoon chopped parsley, onion juice, one cup cold, cooked, minced meat, gravy or tomato sauce. Grease a plain mold and line it throughout with the rice. Mince and season the meat, add the onion and parsley, and fill up the mold, packing it closely. Cover with more rice and steam three-quarters of an hour. Turn out and cover completely with the gravy or tomato sauce.

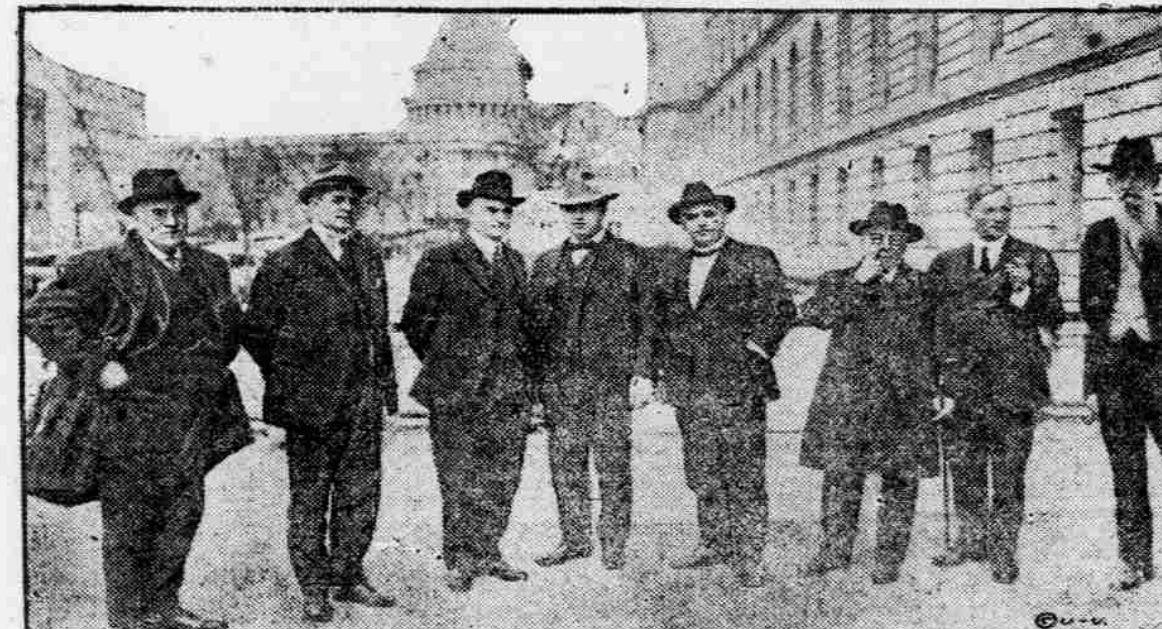
Orange Pie—One-fourth cup butter, three-fourths cup sugar, juice of one

orange, grated rind of one-half orange, juice of one-half lemon, yolks of three eggs, white of one. Cream the butter in the bowl, beat in the sugar, fruit juice, grated rind and yolks and white beaten together. Line the pie plate with plain pastry, turn in the mixture and bake in not too hot an oven.

Lessening the Drudgery

A prominent woman occupying a public office has recently said that one of the principal reasons of woman's unhappiness in her home is the old bugbear of "dishwashing." There are few, if any, jobs in life that do not involve more or less drudgery, and dishwashing may come under this head, although many wives do not consider it as such. The way to lighten our burden in this direction is to use our brains to make it as pleasant as possible and as easy. Always soak or rinse the dishes before washing. Leave the dinner dishes whenever practicable if your dinner is at night. In the morning you are rested and dressed in working clothes and if the dishes are well rinsed they can be washed with the breakfast things very little more labor. Use good hot, soapy water, and if it is hard on your hands learn to use a little mop. The china may be put into a rinsing pan or wire basket, hot, clear water poured over it and left to drain and steam dry. One cannot help finding a little pleasure in the doing of a task, however distasteful if one tries to see how well and easily one can do it. Some women wash all the pots and pans first. Have the scouring powder or soap handy and use it freely as well as the utensils invented to help remove grease and food that clings to the sides and bottom of pans. It is a discouraged housewife indeed who does not get a thrill of pride and pleasure at the sight of shining glass and china, pots and pans.

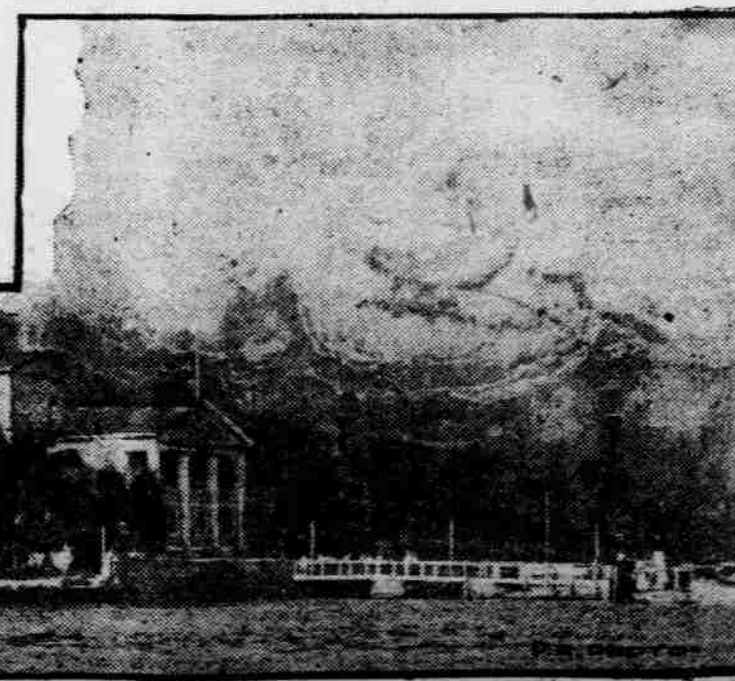
LEWIS APPEALS TO COMMITTEE OF CONGRESS



Left to right: Representative William J. Burke, Pennsylvania; Oscar E. Bland, Indiana; John J. Nolan, California, chairman of the labor committee; President John L. Lewis, United Mine Workers; Secretary Frank Morrison, American Federation of Labor; President Samuel Gompers; Representative London Meyer, New York; Representative William O. Atkeson, Missouri.

TOURISTS GET THIRSTY AS FIRE DRIES OASIS

Thirsty Americans now are searching for a new oasis in Nassau since flames destroyed the Colonial hotel, the Bahama mecca for the dry 'uns since prohibition went into effect. The Colonial was the headquarters for American tourists visiting Nassau. It is estimated that the fire loss is more than \$2,000,000. The hotel will be rebuilt at once along more pretentious plans.



Flames destroy the Colonial hotel, Nassau, with \$2,000,000 loss.

ON THE SPUR OF THE MOMENT

BY BOY K

THE CITY

Dawn breaks upon the great city. Grayness succeeds blackness. Scarily flames are kindled. Celestial fires are banked. Chimneys belch forth turbid smoke. Industry sirs, then rises. Wheels turn, feet stir.

The Gods of Light, Heat and Power arm.

A babel of many tongues starts. Millions of two-legged ants move. They pour into holes and ditches. They climb lofty towers. Old faces die, new ones are born. They succeed the old and are succeeded.

Darkness comes and then another dawn.

Thus the great city evolves. Taking its millions with it. Along a path which leads to Nowhere. —M. K.

Recreation

When I would rest my weary bones and my dull ivory head, I sit down with a magazine ere I depart for bed.

A good 15-cent magazine, that is the kind I need.

And then I hunt an hour or two for something I can read.

I labor through the beauty ads until I'm sick and sore.

When I think I've pursued them all, I find full 20 more.

And then I strike the auto ads and till midnight hour I pour o'er differentials and transmission and horsepower.

Then come the correspondence schools, and in page after page they tell me how I've missed my chance upon this old world's stage.

I read of fancy barbed wire fence and jag cures that are great.

Of breakfast foods and new windmills until my tired pate Refuses to hold any more advice on what to buy.

And then to find some reading in the god darn thing I try I find a lot of actorines and scenes from New York plays.

They smile upon me from the thing whichever way I gaze.

And when I've searched until I can't hold my old bonehead.

For sometimes that I like to read, I quit and go to bed.

The motion picture magnate who cuts out the "Art" and runs straight pictures is going to make a fortune.

Extract from account of recent arrest: "Patrolman Dilworth is 6 feet 4 inches tall, but Patrolman Bigger saw he was in difficulty and went to his assistance." How much bigger?

To a Far-Away Princess Orchard, drenched in moonlight; Gardens, after rain; Sweet sleeping opal slits

With a crimson stain.

Fleeting bits of Paradise; Forever would I lose, If for them in recompense One thing I might choose. Gladly would I barter them For this single prize: Just a moment's passing glimpse Of your dear brown eyes. —Tom Weatherly.

THREE-PIECE SUIT IS FIRST CHOICE FOR DRESS WEAR

The dress with jacket to match, or the three-piece suit, is gaining favor every day. Word comes from designers who know that the three-piece suit will be the first choice for fall wear. It is being worn now by women who keep abreast of the times. Navy twill with a gray green Canton crepe blouse makes the straight line frock of this suit.

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